

Montignac Diet

No – Not Ever

White bread
White rice
Liquor
Sugar
Corn
Potatoes
Watermelon
Beets
Bananas
Cantaloupe
Cooked Carrots
Beer

OK – Until You're Full

Breads

Whole Wheat or bran bread
Rye Bread
Pumpernickel Bread

Rice and Pasta

Brown rice
Basmati rice
Wild rice
Whole wheat pasta
Durum semolina spaghetti (cooked max 6 minutes)
Chinese Vermicelli

Cereals

Whole wheat, sugar free
Oatmeal

Vegetables

All green vegetables
Raw (not cooked) carrots
Tomatoes
Leek
Radishes
Mushrooms
Eggplant
Zucchini
Garlic
Onions
Canned or fresh peas

Fruits

All fresh fruits, *but must be eaten on an empty stomach*
Cooked fruit may be eaten at any time
Strawberries at any time
Fresh, unsweetened fruit juices
Fresh or dried apricots
Figs

Peanuts
Almonds
Marmelade (NO SUGAR)
Raisins

Legumes

Kidney beans
Dried beans
Lentils (all kinds, green best)
Chickpeas

Protein

Salmon
Chicken (no skin)
Smoked oysters
Lean meats
Cold cuts
Tuna
Cheese
Peanuts
Peanut Butter (no sugar)

If you are having trouble loosing weight, increase proteins!!

Misc

4 ½ oz wine *after meal*
Yogurt
Skim milk
Mustard
Mayo (no sugar)
Cream sauces (Hollandaise, Bearnaise)

Snacks

Apples with almonds, hazelnuts or almonds, dried fruit (preferably apricots & figs) , cheese, yogurt with marmalade.

Meals

Two type of meals

1. Protein + Fat
2. Protein + Carbs (but very low fat)

Low glycemic veggies may be eaten with both types of meals

Breakfast 1 (Protein + Fat)

Fruit
Bacon, eggs, ham, cheese, sausage with lettuce & tomatoes
or smoked salmon, herring tomatoes , cucumber with protein bread or multi-grain bread

Breakfast 2 (Carbs, low fat)

Fruit
Low GI bread, sugarless marmalade or low fat cottage cheese
Or Low GI bread with olive oil or butter
Or Oatmeal with dried fruits

Lunches

May contain all food groups, but no bread
All allowed veggies, fishes, meats, cheeses

Dinner

At least 3 carb-protein dinners a week
Cut down on fats at dinner.

If you have saturated fats at dinner (e.g. meat, eggs, cheese, then limit your carbs to those with GI less than 35. Otherwise, you can have all carbs up to GI 50. (See pg 41 for GI listing).

Examples:

Thick vegetable soup (thicken with egg yolks), chicken, salad

Or

Curry stew, salad

Or

Rib steak, salad (sat fat, so low GI vegetables)

Or

Ratatouille, eggs

Or

Ham & Salad

Or

Soup, Spaghetti with tomato sauce, salad. (No sat fat, so spaghetti is OK.)

Recipes

Avocado, Artichoke & Crab Salad (pg 234)

Spaghetti Carbonara (pg 242)

Chile (pg 243)